



walking with purpose

SO MUCH MORE THAN A BIBLE STUDY

## ***Unshaken* Leader's Guide**

Welcome to the *Unshaken* Bible study Leader's Guide! Thank you for your decision to lead *Unshaken* and to step out in faith to serve the young women of your community. It is our prayer that this resource will help you to reach the heart of every young woman who experiences this study with you.

### **Before Your First Group Meeting**

#### **1. Communicate with your group**

Depending on the size of your group, it may be advantageous to set up a form of communication between meetings. You may consider a group Facebook page, a group chat, etc. At the very least, we encourage you to exchange contact information with everyone so that you can stay in contact about future meetings as needed.

#### **2. Prepare Your Space**

Spend some time before each session to make your meeting space comfortable and inviting. The goal is to make your meeting room a welcoming space.

#### **3. Prepare for Your Session**

Complete and review the lesson ahead of time so you are familiar with the topic, lesson and Scripture noted. Make sure you have a Bible, and encourage your participants to bring theirs, too!

### **Running Your Group**

*Note: The timing below is for a 95-minute meeting. These timing guidelines are just a suggestion as we are aware that the length and context of your group may vary. Feel free to adjust timing accordingly.*

#### **1. Introduction and Social Time (10 minutes)**

Depending on when and where you lead your group, it may be advantageous to provide some beverages and/or snacks. If you choose to do so, spend the first few moments of your meeting time getting to know each other socially to prepare for the session ahead. After everyone has arrived, you can officially introduce yourself to the group, and share the schedule of the small group meeting. Be respectful of your participants' time by keeping to your meeting schedule; if participants arrive late, greet them warmly but pick up where you were before they came in.



## 2. **Ice Breaker Activity** (3 minutes)

Beginning the session with an ice breaker activity is one way to transition into the discussion time as well as to begin to build community among the young women. Sample icebreaker activities include:

- Introduce yourself and share a few facts about yourself (i.e. school, major, clubs, hobbies, job, etc.)
- Share a “rose and thorn” (i.e. high and low) from the previous week
- Share one thing that you really like about yourself
- Share the hardest thing you have ever done
- Share a skill you would like to learn
- Share something that relaxes you
- Share the weirdest thing you have ever eaten

## 3. **Explanation of Small Group Honor Code** (2 minutes)

We recommend printing out the [Walking with Purpose Small Group Honor Code](#) and giving a copy to everyone in the group. They are available to you for download from the WWP leadership website. We encourage you to read through the Honor Code with your group, and assure everyone that they can count on you to follow these guidelines. We suggest posting a copy of the Honor Code as a table sign and display each week to serve as a gentle reminder.

## 4. **Small Group Discussion** (70 minutes)

Begin each session with a prayer of gratitude for the opportunity to be together. Take a moment to call upon the Holy Spirit to put aside any thoughts or distractions during the session.

### - **Lesson Introduction** (5 minutes)

For the start of each new lesson, there is an introduction section. We recommend asking multiple group members to take turns reading part of it as an easy way to get women speaking. At your first meeting, it may also be helpful to share what stood out to you from the introduction and to let young women know that in the future, you will spend time sharing what each highlighted rather than reading through the whole thing.

### - **Questions** (10 minutes per day)

Each day of the lesson has two to four questions to discuss as a group. We suggest spending time on each question, but the goal is to get through each of the questions within the lesson. Try to limit yourself to 10 minutes per day or give yourself more time where it is needed by spending a bit less time on Day Five: Saint’s Story.

In your first session, explain to the young women that there is a limited time for the questions and that it will be important to give everyone an opportunity to share at some point.

- **Quiet Your Heart** (3 minutes per day)

Give your small group time to read through the “Quiet Your Heart” section on their own. This is a beautiful time to pull the lesson’s discussion together and have some time in community reflection and prayer. After spending some time in silence, we recommend incorporating this into your conclusion and prayer time.

5. **Prayer Intention Time** (10 minutes)

At this point in the small group, encourage each young woman to share a personal prayer intention for themselves that connects to the lesson in some way. If someone is having trouble identifying a prayer intention, the Resolutions at the end of each lesson may be turned into personal prayer intentions. Invite your other participants to make a note of each young woman’s prayer request, so she can pray for them throughout the following week (there is a section in the back of the study specifically for this).

We also encourage you, as the leader, to close the small group time in prayer, praying over the requests that were just shared. Women love to be cared for and praying for their specific intentions aloud is a unique way to do this!

# Individual Session Guidance

## Lesson 1 - Fight Like a Girl - The Battle is Real

### Introduction (5 minutes)

**Leader Say:** In this study, we will be filling our spiritual toolbox with exactly what we need to grow stronger in our faith and discover our vocations. We will begin learning how to bravely face challenges in our efforts to follow Christ.

**Leader Read:** C.S. Lewis quote at the beginning of the Introduction.

**Leader Note:** Summarize the introduction beginning with, "As we study Jesus in the gospels..." highlighting key phrases such as "He wants us to be all in" and "He wants a wholehearted commitment from us." Note in the last paragraph, the words "sideswiped" and "tough circumstances" in relation to God's love. Note the sentences at the end of paragraph "Following Christ means ..." and "It isn't easy ..."

**Leader Say:** Let's begin to look at some of the challenges we will face as followers of Christ beginning with the challenge to deny ourselves.

### Day One: The Challenge to Deny Yourself (10 minutes)

**Leader Ask:** Q1

**Volunteer Read:** Paragraph at Q2

**Partner Share:** Share answers with woman next to them for Q2 and Q3 (both questions are at end of paragraphs)

**Volunteer Read:** Luke 9:23 aloud

**Leader Say:** The Quiet Your Heart sections at the end of each Day are meant to draw your heart to a place of personal prayer. What stood out to you from this Quiet Your Heart section?

### Day Two: The Challenge to Accept Healthy Conflict (10 minutes)

**Volunteer Read:** Matthew 10:34-39 aloud

**Group Share:** Q1

**Leader Ask:** Q2

**Volunteer Read:** Paragraph after Q2

**Leader Note:** Before discussing Q3, ask four volunteers to lookup in their Bibles and be prepared to read the four verses from Ephesians 4.

**Leader Say:** While the Bible doesn't give us specific answers to every sticky situation we face, it does provide principles that we can apply to a variety of circumstances. Let's hear what Scripture has to teach us about what to do when we experience conflict with others because of our faith.

**Volunteers Read:** Four Bible verses in Q3 - principles to follow regarding conflict with others because of our faith

**Leader Ask:** What did you highlight or underline from the Quiet Your Heart section?

### **Day Three: The Challenge to Stand Firm (10 minutes)**

**Leader Ask:** Q1 and Q2

**Volunteer Read:** Before discussing Q3 ... Ask a volunteer to read the paragraph under Q3 beginning with "As we face ..."

**Group Share:** Q3 relating to 1 Corinthians 16:13 and the way in which we apply that verse to challenges in our own lives

**Volunteer Read:** CCC162

**Leader Ask:** Q4

**Leader Note:** Last sentence from the Quiet Your Heart

### **Day Four: The Challenge to Stay Childlike (10 minutes)**

**Leader Say:** Are we meant to do all of this on our own?

**Leader Ask:** Q1

**Group Share:** Q2

**Volunteer Read:** Q3

**Group Share:** Responses to Q3

**Volunteer Read:** The Quiet Your Heart sentences at the end of the first paragraph beginning with "God knows that ..."

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Leader Read:** Fourth and fifth paragraphs of the Saint's Story.

**Group Share:** Invite the women to share their reaction to these paragraphs from the Saint's Story.

**Volunteer Read:** Fourth and fifth paragraphs of the Conclusion beginning with "Satan is the ..." and "When we sit ..."

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Say:** Look at your resolution and use this to create a prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Remind them of the day and time of your next meeting where you'll discuss Lesson 2: Filled to Overflowing - We Need the Eucharist.

**Leader Note:** Remind them that this is the time to ask for prayers for a personal intention. You may consider leading by example, especially this first session, by sharing your prayer intention first. Invite them to write down prayer intentions in the back of their books in the Prayer Pages.

## Lesson 2 - Filled to Overflowing - We Need the Eucharist

### Introduction (5 minutes)

**Leader Note:** This week we will be discussing the sacrament of the Eucharist.

**Leader Read:** Paragraph toward end of introduction, which begins with "Hebrews 11:1..."

**Volunteer Read:** Last paragraph of introduction.

### Day One: This Isn't Some New Idea (10 minutes)

**Leader Ask:** Q1A, Q1B, Q1C, Q2

**Volunteer Read:** First and second paragraphs at Q3 beginning with "The eating of the Passover lamb" and "The Mosaic and..."

**Group Share:** Q3

**Volunteer Read:** Ask a volunteer to read the paragraph under Q3 beginning with "The only way the Jewish people..."

**Leader Read:** 5th and 6th paragraph of the Quiet Your Heart beginning with "Jesus, our rescuer..." and "Jesus invites us to drink..."

### Day Two: He Said What He Meant (10 minutes)

**Leader Read:** First sentence of first paragraph beginning with "Our reading for today..."

**Leader Ask:** Q1, Q2, Q3

**Leader Note:** Paragraph under Q3 regarding two Greek words. Ask them to underline the meaning of the words.

**Leader Ask:** Q4

**Leader Note:** Summarize the paragraph after Q4

**Leader Note:** Encourage the group to listen to the song "Adoration" as mentioned in the Quiet Your Heart

### Day Three: Just Keeping the Faith (10 minutes)

**Volunteer Read:** First paragraph (halfway through) beginning with "For all that people..." through end of paragraph

**Volunteer Read:** The next paragraph (Peter Kreeft commentary) beginning with "The Eucharist was never omitted..." through the end of the commentary

**Leader Ask:** Q1

**Leader Note:** Ask if anyone has any thoughts on Q2 and Q3, and point out their importance, but move the group forward.

**Leader Read:** Quiet Your Heart verse from Revelation 3:20

### **Day Four: The Key to Sainthood: A Fire Hose of Grace (10 minutes)**

**Volunteer Read:** Ask three volunteers to read the three paragraphs at the beginning of Day 4.

**Leader Ask:** Q1 and Q2

**Group Share:** Q3

**Leader Note:** Consider closing your time together today with this prayer in the Quiet Your Heart section.

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** If time allows, share pieces from the Saint's Story that you enjoyed and ask the group to share the same.

**Leader Note:** Point out the "faith points" at the end of the conclusion.

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Say:** Look at your resolution and use this to create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Remind them of the day and time of your next meeting where you'll discuss Lesson 3: Embraced by Mercy~ We Need Reconciliation.

**Leader Note:** Allow them to share prayer intentions with the group and then close in prayer with Day Four's Quiet Your Heart section.

## Lesson 3 - Embraced by Mercy - We Need Reconciliation

### Introduction (5 minutes)

**Leader Say:** This week we will be discussing the sacrament of Penance

**Leader Note:** Point out the comparisons between the two types of fathers in first and second paragraphs. Note the last two sentences in the third paragraph, "We usually think..." Note quote from Jean Vanier in second to last paragraph, "Somewhere..."

### Day One: Our Truest Friend's Promise (10 minutes)

**Group Share:** Group to look at Appendix 4 and ask what stood out from these "Confession Promises."

**Group Share:** Q2

**Group Share:** Q3 - Ask group to share their versions of any of the three verses

**Leader Read:** In the Quiet Your Heart, read Hebrews 10:23 and the question that follows, "What word does He speak over our mistakes and regrets and failures? Mercy."

### Day Two: Our Truest Friend Knows What's Best for Us (10 minutes)

**Leader Ask:** Q1

**Group Share:** Q2

**Leader Ask:** Q3

**Group Share:** Q4

**Volunteer Read:** Fourth paragraph of the Quiet Your Heart starting with "What we need..."

**Leader Note:** Father Paul Farren quote and connection between self-focus and lack of seeking healing through confession

### Day Three: Our Truest Friend Wants an Intimate Relationship with Us (10 minutes)

**Leader Ask:** Q1 and Q2

**Leader Read:** Paragraph above Q3, that begins with, "When God invites us..."

**Group Share:** Q3

**Leader Note:** Consider using the Quiet Your Heart section in your Closing prayer this week or have a Volunteer read Quiet Your Heart paragraphs one and two.

### Day Four: Our Truest Friend Wants Us to Live in Freedom (10 minutes)

**Volunteer Read:** John 8:34

**Group Share:** Q1

**Leader Read:** Last three sentences in paragraph below Q1 beginning with "We harbor..." through the end.

**Leader Ask:** Q2 - Make sure to focus on the “more” in the sacrament of penance.

**Volunteer Read:** Paragraph below Q2 beginning with “Friends, this is it...” and next paragraph above Q3 beginning with “Through confession...”

**Leader Ask:** Q3

### **Day Five: Saint’s Story and Conclusion (5 minutes)**

**Leader Note:** Highlight points on mercy, grace, forgiveness. Discuss.

**Leader Note:** Encourage the young women to listen to the song “Out of Hiding” referenced in the Conclusion.

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Note:** Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Remind them of the day and time of your next meeting where you’ll discuss Lesson 4: Our Refuge - We Need a Mother

**Leader Note:** Allow them to share prayer intentions with the group and then close in prayer with Day Three’s Quiet Your Heart section.

## Lesson 4 - Our Refuge - We Need a Mother

### **Introduction (5 minutes)**

**Leader Ask:** What stood from the Introduction and be sure to highlight the points in third, fourth, sixth and last paragraphs if not mentioned.

**Group Share:** Look at the reference to Father Gaitley's book, *33 Days to Morning Glory*, and discuss Marian Consecration.

### **Day One: Mary: Full of Grace (10 minutes)**

**Volunteer Read:** First paragraph

**Leader Ask:** Q1A, Q1B, Q2, Q3

**Volunteer Read:** Paragraph at Q4 beginning with "In the midst ..." through the end of paragraph

**Partner Share:** Q4

**Leader Read:** Quiet Your Heart second to last paragraph beginning with "Mary, I want..."

### **Day Two: Mary: Pillar of Faith (10 minutes)**

**Volunteer Read:** Two italicized sentences (Hebrews and St. Augustine) at beginning of Day 2

**Leader Ask:** Q1, Q2A, Q2B, Q3

**Volunteer Read:** Commentary from Edward Sri in Q4 beginning with "At this crucial ..."

**Volunteer Read:** Last half of last paragraph in Q4 beginning with "In what area of your life ..."

**Leader Note:** For Q4, It is not necessary to share responses with the group but encourage women to consider areas to increase their faith and ask our Blessed Mother to intercede for us.

**Volunteer Read:** Last paragraph of the Quiet Your Heart beginning with "What has the Lord spoken to you? ..."

### **Day Three: Mary: Our Lady of Sorrows (10 minutes)**

**Leader Ask:** Q1, Q2, Q3

**Volunteer Read:** Paragraph at Q4 "Mary's soul ..."

**Group Share:** Q4

**Group Read:** Pray together the prayer in the Quiet Your Heart called "Prayer to Our Lady of Lourdes" through all of "have pity" lines to the end.

### **Day Four: Mary: Mother of Mercy (10 minutes)**

**Volunteer Read:** Introductory paragraph from Saint John Paul II beginning with "No one has experienced ..."

**Group Share:** Ask the group to look at the four scripture references in Q1 and consider which verse is the most personally meaningful after further reflection. Give them a moment to review four verses.

**Leader Ask:** Last question in Q1, ask: "How can these verses be summarized?"

**Leader Ask:** Q2 - Ask the group to turn to CCC 725 and circle the HOW, WHAT and WHO from Q2 in the Catechism Clip.

**Leader Ask:** Q3

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** Share pieces from the Saint's Story that you enjoyed and ask the group to share the same.

**Leader Read:** Last paragraph of the conclusion beginning with, "Nestle into your place..."

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Note:** Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Remind them of the day and time of your next meeting where you'll discuss Lesson 5: Saturated in Scripture - We Need God's Word

**Leader Note:** Allow them to share prayer intentions with the group and then close in prayer with either Day Four's Mother of Mercy prayer in the Quiet Your Heart section or by praying a Hail Mary.

## Lesson 5 - Saturated in Scripture - We Need God's Word

### **Introduction (5 minutes)**

**Leader Say:** This week we will be looking at reasons to read the Bible.

**Leader Read:** Quote by Mark Hart in second to last paragraph of introduction.

**Volunteer Read:** Last paragraph, starting with "How can we ..."

### **Day One: It's Worth Reading Because It's Trustworthy (10 minutes)**

**Volunteer Read:** First paragraph "For a lot of us..."

**Group Share:** Q1, Q2, Q3

**Leader Ask:** Q4

**Leader Note:** Last sentence above the prayer in the Quiet Your Heart starting with "As you read the Bible..."

**Volunteer Read:** Prayer at end of the Quiet Your Heart or use this as a closing prayer for your group

### **Day Two: It's Worth Reading Because It's the Key to Spiritual Maturity (10 minutes)**

**Group Share:** Q1, Q2A, Q2B

**Volunteer Read:** Paragraph at Q3

**Group Share:** Q3

**Leader Note:** Ask the group to underline the third and fourth paragraphs in the Quiet Your Heart ... starting with "If we're going to mature ..." and "Be assured..."

### **Day Three: It's Worth Reading Because It Gives Daily Guidance (10 minutes)**

**Volunteer Read:** Quote from Father John Bartunek above Q1.

**Leader Ask:** Q1, Q2, Q3, Q4

**Leader Note:** In the Quiet Your Heart, ask the young women to circle the words "a choice" at the end of the first paragraph and discuss the meaning.

**Volunteer Read:** Prayer at the end of the Quiet Your Heart starting with "Dear Lord, It's just embarrassing..."

### **Day Four: It's Most Effective When It's Hidden in Our Hearts (10 minutes)**

**Group Share:** Looking at the six options for scripture memory, which are you willing to try; do you have any other techniques that work?

**Volunteer Read:** Prayer in the Quiet Your Heart beginning with "Dear Lord, Please renew my thinking..."

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** Question at the end of the Saint's Story

**Volunteer Read:** Second paragraph of the Conclusion beginning with “I doubt any of us...”

**Volunteer Read:** Third paragraph of the Conclusion beginning with “One thing we know...”

**Leader Note:** Ask women to circle the word “comfort” in the last paragraph of conclusion and discuss.

**Leader Note:** The last sentence of Conclusion, “What a gift.” Share that the Word of God to be received with gratitude and humility.

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Note:** Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Remind them of the day and time of your next meeting where you’ll discuss Lesson 6: Never Alone - We Need Our Church

**Leader Note:** Allow them to share prayer intentions with the group and then close in prayer.

## Lesson 6 - Never Alone - We Need Our Church

### Introduction (5 minutes)

**Leader Note:** Information in quote (second to last paragraph) from Jon Tyson. Point out important statistics and dates.

**Leader Read:** Last paragraph of introduction beginning with, "Could it be..."

### Day One: We Need Truth to Stand On (10 minutes)

**Volunteer Read:** Paragraph above Q1

**Leader Ask:** Q1, Q2

**Leader Read:** Last sentence in paragraph under Q2 beginning with "God has protected the doctrine..." .

**Volunteer Read:** Last paragraph of the Quiet Your Heart

### Day Two: We Need Grace to Strengthen Us (10 minutes)

**Leader Ask:** Q1 and Q2

**Leader Read:** Sentences above Q3 "But it is only in the Mass..." (through the end of the paragraph).

**Leader Ask:** Q3

**Group Share:** Q4

### Day Three: We Need Each Other (10 minutes)

**Volunteer Read:** Look up and read aloud both Scripture passages in Q1

**Group Share:** Q1

**Leader Ask:** Q2

**Leader Read:** Paragraph under Q2 beginning with "The early Christians..."

**Group Share:** Points that were impactful in paragraphs following Q2 regarding what the Catholic Church "started."

**Group Share:** Q3

### Day Four: We Need to Give Back (10 minutes)

**Volunteer Read:** Paragraph at beginning of Day 4 "When we look..."

**Leader Ask:** Q1, Q2, Q3A, Q3B, Q3C, Q3D

**Leader Note:** Sentences under 3B "No one is overlooked..."

**Leader Note:** Sentences under 3D at the very end "God doesn't call the equipped ..."

**Volunteer Read:** Last paragraph of the Quiet Your Heart which starts with "Go to the Lord in prayer..."

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** Share pieces of the Saint's Story you were struck by and ask the group to share the same.

**Leader Read:** Second, third and fourth paragraphs of the Conclusion beginning with "As I sat...", "I was shocked..." and "She continued..." Read the last paragraph beginning with "When we determine ..."

### **Resolutions and Prayer Requests (10 minutes)**

**Leader Note:** Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader Note:** Allow them to share prayer intentions with the group and then close in prayer. Consider praying the prayer at the start of the Prayer Pages section in the back of the book.



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